NordicTrack® TETON

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-888-825-2588
Mon.–Fri., 6 a.m.–6 p.m. MST

Patent Pending

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at

www.nordictrack.com

new products, prizes, fitness tips, and much more!

Table of Contents

Note: An EXPLODED DRAWING, a PART LIST, and instructions for ORDERING REPLACEMENT PARTS are attached in the center of this manual.

NordicTrack is a registered trademark of ICON Health & Fitness, Inc.

Important Precautions

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the hiker.

1. It is the responsibility of the owner to ensure that all users of the hiker are adequately informed of all warnings and precautions.

2. Use the hiker only as described in this manual.

3. The hiker is intended for in-home use only. Do not use the hiker in any commercial, rental, or institutional setting.

4. Place the hiker on a level surface, with at least eight feet of clearance behind it. Do not place the hiker on any surface that blocks air openings. To protect the floor or carpet from damage, cover the floor under the hiker.

5. Keep the hiker indoors, away from moisture and dust. Do not put the hiker in a garage or covered patio, or near water.

6. Do not operate the hiker where aerosol products are used or where oxygen is being administered.

7. Do not operate the hiker until it is properly assembled. (See ASSEMBLY on page 6.) You must be able to safely lift 45 pounds (20 kg) in order to move the hiker.

8. Keep children under the age of 12 and pets away from the hiker at all times.

9. The hiker should not be used by persons weighing more than 300 pounds.

10. Never allow more than one person on the hiker at a time.

11. Wear appropriate exercise clothing when using the hiker. Do not wear loose clothing that could become caught in the hiker. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the hiker with bare feet, wearing only stockings, or in sandals.

12. When connecting the power cord (see page 10), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.

13. Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. To purchase a surge suppressor, see your local NordicTrack dealer or call 1-888-825-2588 and order part number 146148.

14. Keep the power cord and the surge suppressor away from heated surfaces.

15. Never move the walking belt while the power is turned off. Do not operate the hiker if the power cord or plug is damaged, or if the hiker is not working properly. (See BEFORE YOU BEGIN on page 5 if the hiker is not working properly.)

16. Never start the hiker while you are standing on the walking belt. Always hold the handrails while using the hiker.

17. The hiker is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

18. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

19. Never leave the hiker unattended while it is running. Always remove the key, unplug the power cord and move the on/off switch to the off position when the hiker is not in use. (See the drawing on page 5 for the location of the on/off switch.)

20. Do not change the grade of the hiker by placing objects under the hiker.

21. Never insert or drop any object into any opening.

22. When using iFit.com CD's and videocassettes, an electronic "chirping" sound will alert you when the grade and/or speed of the hiker is about to change. Always listen for the "chirp" and be prepared for grade and/or speed changes. In some instances, the grade and/or speed may change before the personal trainer describes the change.

23. When using iFit.com CD's and videocassettes, you can manually override the grade and speed settings by pressing the grade and speed buttons. However, when the next "chirp" is heard, the grade and/or speed will change to the next settings of the CD or video program.

24. Always remove iFit.com CD's and videocassettes from your CD player or VCR when they are not in use.

25. Inspect and tighten all parts of the hiker regularly.

26. **DANGER:** Always unplug the power cord immediately after use, before cleaning the hiker, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor cover unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

⚠**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown at the right and below have been placed on your hiker. If a decal is missing or illegible, call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS in the center of this manual). Apply the decal in the location shown.

⚠ **CAUTION**

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
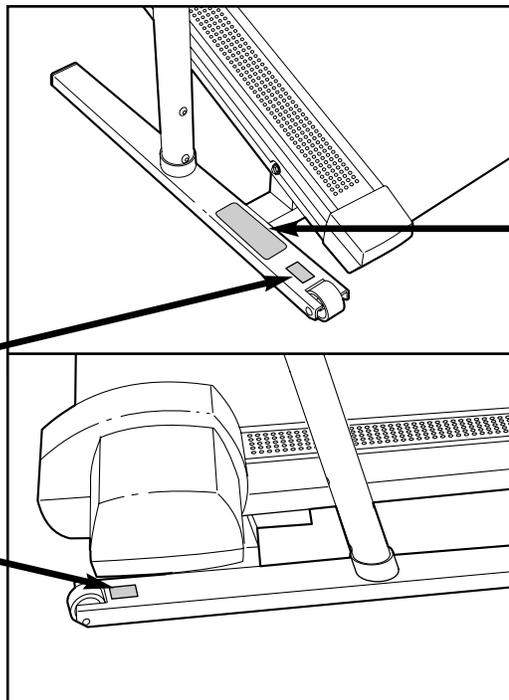
⚠**WARNING:**

Protect yourself and others from risk of serious injury. Read the user's manual and :

• Stand only on the side rails when starting or stopping treadmill.

• Change speed in small increments.

• Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.

• Stop if you feel faint, dizzy, or short of breath.

• Never allow children on or around treadmill.

• Remove key when not in use.

• Keep clothing, fingers, and hair away from moving belt.

• Never try to adjust or fix the belt while it is moving.

• Always wear athletic shoes while operating treadmill.
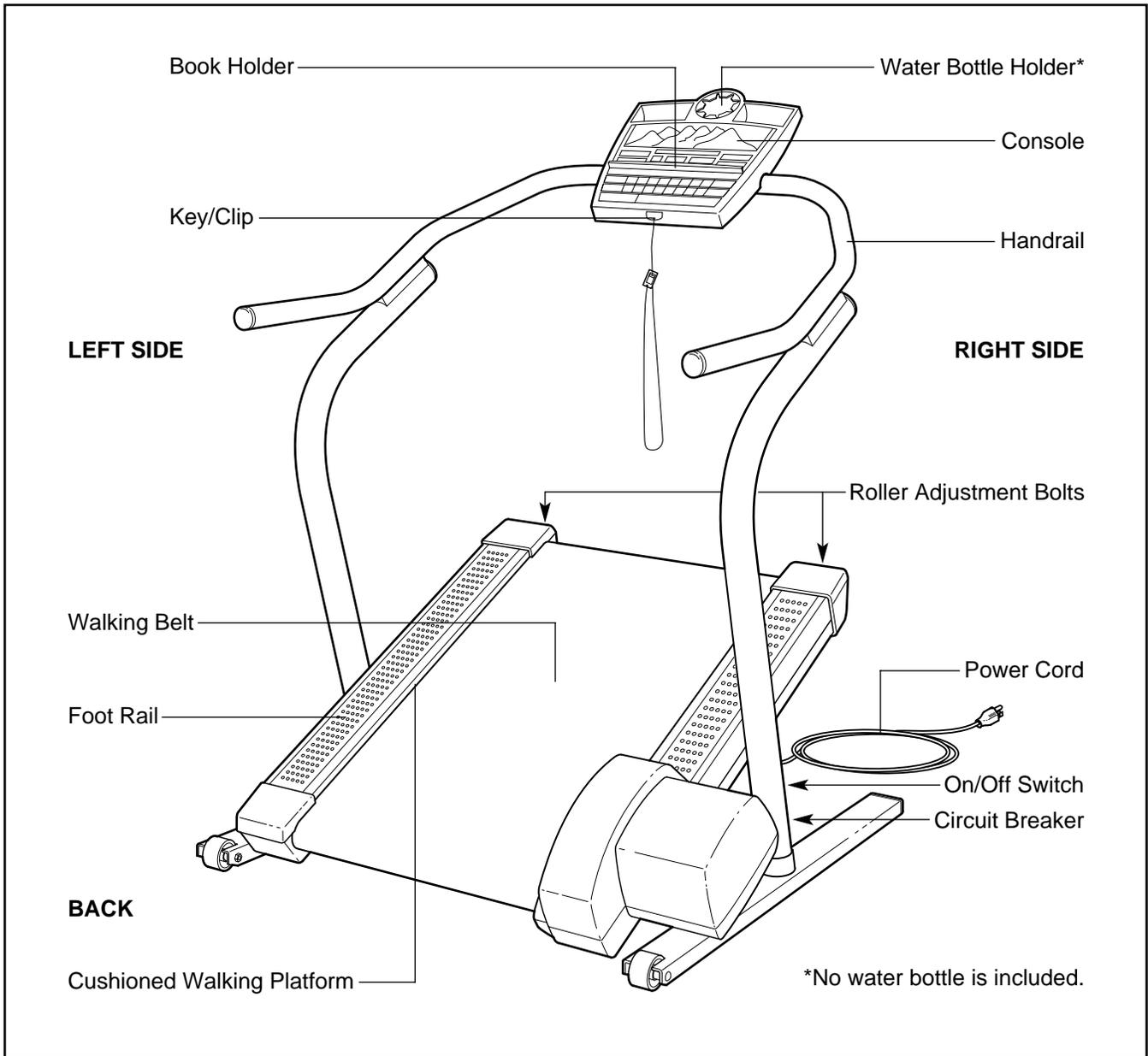
Note: This decal is shown at 40% of actual size.

Before You Begin

Thank you for selecting the revolutionary TETON hiker from NordicTrack®. The NordicTrack® TETON hiker combines state-of-the-art technology with innovate design to provide you with a motivating and effective form of exercise in the convenience of your home.

For your benefit, read this manual carefully before using the TETON hiker. If you have questions after reading this manual, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The product model number is NTHK22490. The serial number can be found on a decal attached to the hiker (see the front cover of this manual for the location).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

Book Holder

Water Bottle Holder*

Console

Key/Clip

Handrail

LEFT SIDE

RIGHT SIDE

Roller Adjustment Bolts

Walking Belt

Power Cord

Foot Rail

On/Off Switch

Circuit Breaker

BACK

Cushioned Walking Platform

*No water bottle is included.

Assembly

Assembly requires two people. Set the hiker in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench** and **your own phillips screwdriver** .
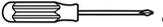
Note: The underside of the hiker walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect hiker performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

1. Identify the right Upright (65), which has the Upright Wire Harness (63) inside of it. Slide an Upright Collar (48) onto the Upright.
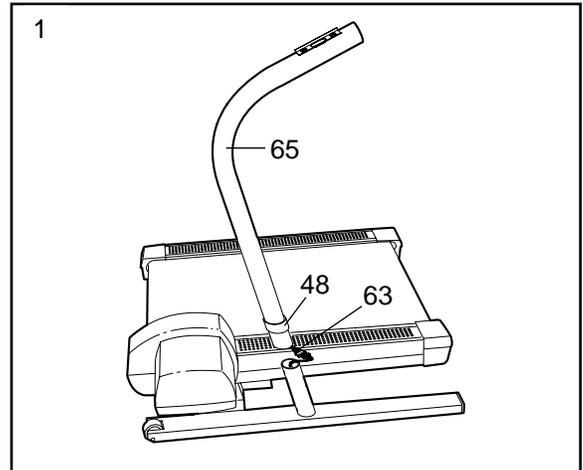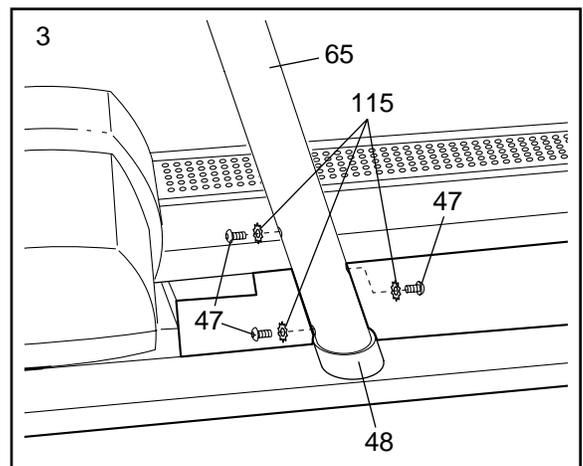
2. While a second person holds the right Upright (65), connect the Upright Wire Harness (63) to the Base Wire Harness (97) and insert both Wire Harnesses into the post on the Base (82). Make sure that the Upright (65) is in the position shown in drawing 1. Slide the Upright onto the post and align the indicated holes. **Be careful not to pinch the Wire Harnesses.**
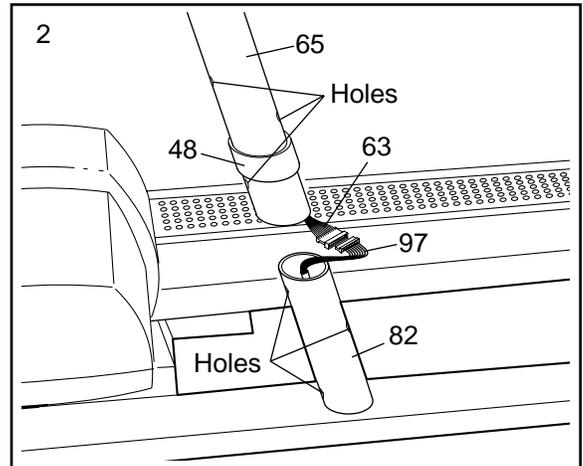
3. Slide the Upright Collar (48) to the position shown. Finger tighten three Upright Bolts (47) with Upright Washers (115) into the Upright (65). Note: It may be necessary to move the Upright slightly to align the holes.

    Attach the left Upright (not shown) in the same way. (Note: There is no wire harness in the left Upright.) **Do not tighten the Upright Bolts (47) yet.**

4. Place a Handrail Cover (51) on each Upright (65). Make sure that the Handrail Covers are turned as shown in the inset drawing.

Have a second person hold the Handrail (50) in the position shown. Connect the Handrail Wire Harness (60) to the Upright Wire Harness (63) and insert both Wire Harnesses into the right Upright (65).

Hold a Metal Spacer (122) inside the right Upright (65) and align it with the first hole in the Upright. Insert a Handrail Bolt (53) with a Handrail Star Washer (52) through the Upright and the Spacer. Hold the Handrail (50) near the Handrail Covers (51) and finger tighten the Handrail Bolt into the Handrail. Repeat this procedure on the other side. Then, tighten the two remaining Handrail Bolts with Handrail Star Washers into the Handrail. **Be careful not to pinch the wires.**

Tighten all of the bolts used in steps 3 and 4. Press the Large Endcaps (121) into the Uprights (65).
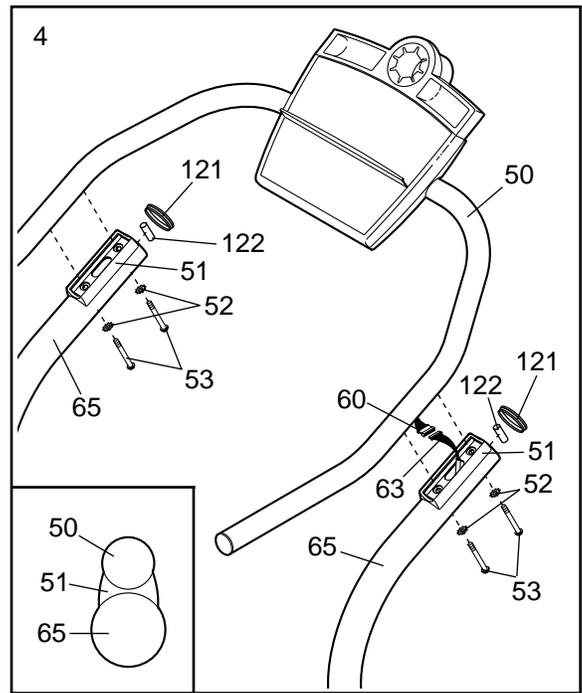
5. **Make sure that all parts are tightened before you use the hiker.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 25). To protect the floor or carpet from damage, cover the floor under the hiker.

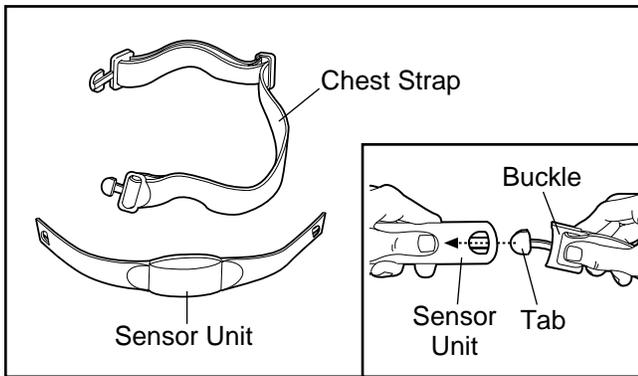# How to Use the Heart Rate Monitor

⚠ WARNING:

If the user has an implanted medical device such as a pacemaker, the user must check with his or her physician before using the heart rate monitor.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

HOW TO PUT ON THE HEART RATE MONITOR

The heart rate monitor consists of two components: the chest strap and the sensor unit. Follow the steps below to put on the heart rate monitor.


1 Refer to the inset drawing above. Insert the tab on one end of the chest strap through one end of the sensor unit as shown. Make sure to press the end of the sensor unit under the buckle on the chest strap.

2 Wrap the heart rate monitor around your chest. Attach the other end of the chest strap to the sensor unit as described above. Adjust the length of the chest strap, if necessary. The heart rate monitor should be under your clothing, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo is facing forward and is right-side-up.
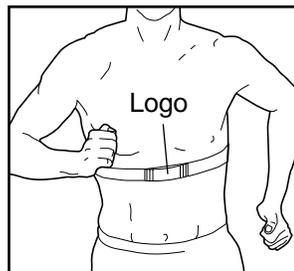
3 Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side. Using a saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.
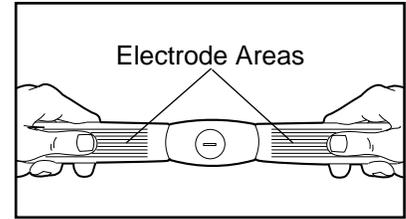

HEART RATE MONITOR TROUBLE-SHOOTING

If the heart rate monitor does not function properly, or if the displayed heart rate is excessively high or low, try the trouble-shooting steps below.

• Make sure that the heart rate monitor is under your clothing, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Note: If the heart rate monitor does not function when positioned as described, try moving it slightly lower or higher on your chest.

• Make sure that the logo on the sensor unit is facing forwards and is right-side-up.

• Each time you use the heart rate monitor, use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit (see the drawing above). If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.

• As you walk on the hiker, make sure that you are near the center of the walking belt and within arm's length of the console. **For the console to display heart rate readings, the user must be within arm's length of the console.**

• The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.

• The operation of the heart rate monitor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that magnetic interference may be causing a problem, try relocating the hiker.

8

- If the heart rate monitor still does not function properly, test the heart rate monitor in the following way:

Hold the heart rate monitor and place your thumbs over the electrode areas as shown.
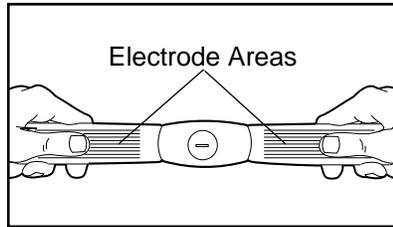
Electrode Areas

Next, hold the heart rate monitor near the console.

While holding one thumb stationary, begin tapping the other thumb against the electrode area at a rate of about one tap per second.

Check the heart rate reading on the console.

- If the heart rate monitor does not function properly after you have followed all of the above instructions, the battery should be replaced in the following way:

Locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, turn the cover counterclockwise, and remove it.
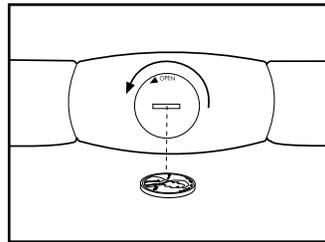
Remove the old battery and insert a new CR 2032 battery; **make sure that the battery is turned so the writing is on top.** Replace the battery cover and turn it clockwise to close it.

CR 2032 Battery
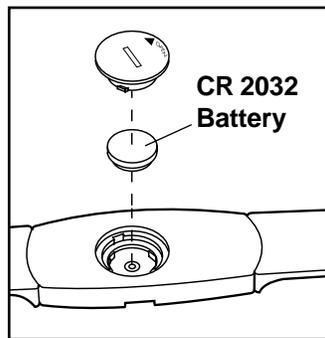
HEART RATE MONITOR CARE AND MAINTENANCE

- Thoroughly dry the heart rate monitor after each use. The heart rate monitor is activated when the electrode areas are wetted and the heart rate monitor is put on; the heart rate monitor shuts off when it is removed and the electrode areas are dried. If the heart rate monitor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.

- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.

- Do not expose the heart rate monitor to direct sunlight for extended periods of time. Do not expose the heart rate monitor to temperatures above 122° Fahrenheit (50° Celsius) or below 14° Fahrenheit (-10° Celsius).

- Do not excessively bend or stretch the sensor unit when using or storing the heart rate monitor.

- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

Operation and Adjustment

THE PERFORMANT LUBE™ WALKING BELT

Your hiker features a walking belt coated with
PERFORMANT LUBE™, a high-performance lubricant.
**IMPORTANT: Never apply silicone spray or other
substances to the walking belt or the walking plat-
form. Such substances will deteriorate the walking
belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠ **DANGER: Improper connection
of the equipment-grounding conductor can
result in an increased risk of electric shock.
Check with a qualified electrician or service-
man if you are in doubt as to whether the
product is properly grounded. Do not modify
the plug provided with the product—if it will
not fit the outlet, have a proper outlet
installed by a qualified electrician.**

Your hiker, like any other type of sophisticated elec-
tronic equipment, can be seriously damaged by sud-
den voltage changes in your home's power. Voltage
surges, spikes, and noise interference can result from
weather conditions or from other appliances being
turned on or off. **To decrease the possibility of your
hiker being damaged, always use a surge suppres-
sor with your hiker (see drawing 1 at the right).**

**To purchase a surge suppressor, see your local
NordicTrack dealer or call 1-888-825-2588 and order
part number 146148.** Use only a single-outlet surge
suppressor that is UL 1449 listed as a transient voltage
surge suppressor (TVSS). The surge suppressor must
have a UL suppressed voltage rating of 400 volts or
less and a minimum surge dissipation of 450 joules.
The surge suppressor must be electrically rated for
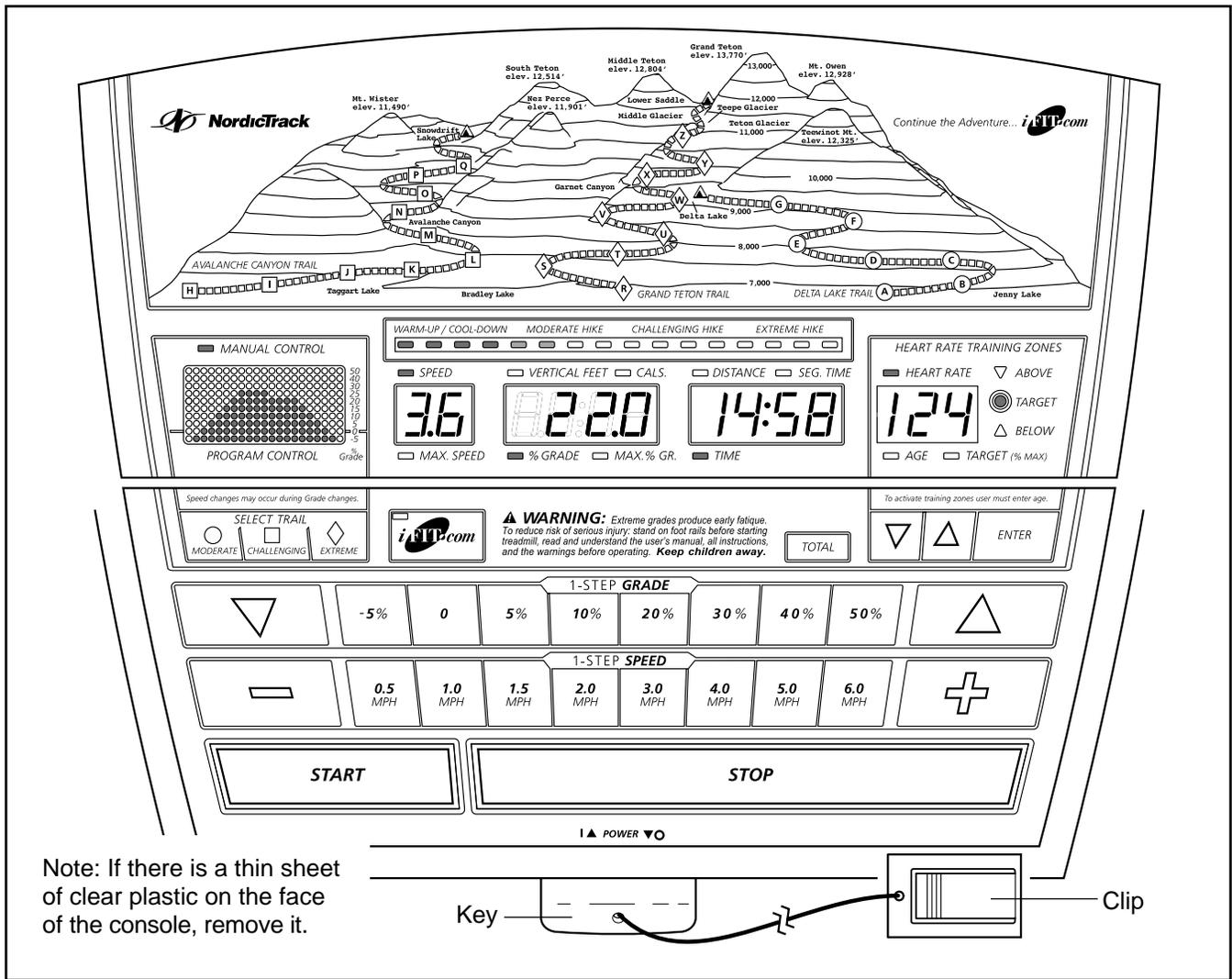120 volts AC and 15 amps.

This product must be grounded. If it should malfunc-
tion or break down, grounding provides a path of least
resistance for electric current to reduce the risk of elec-
tric shock. This product is equipped with a cord having
an equipment-grounding conductor and a grounding
plug. **Plug the power cord into a surge suppressor,
and plug the surge suppressor into an appropriate
outlet that is properly installed and grounded in
accordance with all local codes and ordinances.
Important: The hiker is not compatible with GFCI-
equipped outlets.**

This product is for use on a nominal 120-volt circuit,
and has a grounding plug that looks like the plug illus-
trated in drawing 1 below. A temporary adapter that
looks like the adapter illustrated in drawing 2 may be
used to connect the surge suppressor to a 2-pole
receptacle as shown in drawing 2 if a properly
grounded outlet is not available.
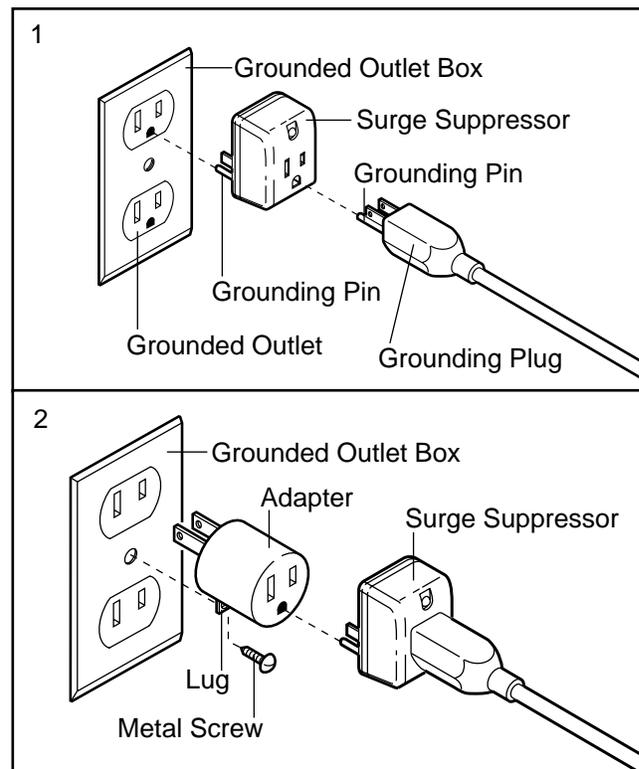
The temporary adapter should be used only until a
properly grounded outlet (drawing 1) can be installed
by a qualified electrician.

The green-colored rigid ear, lug, or the like extending
from the adapter must be connected to a permanent
ground such as a properly grounded outlet box cover.
Whenever the adapter is used it must be held in place
by a metal screw. **Some 2-pole receptacle outlet box
covers are not grounded. Contact a qualified elec-
trician to determine if the outlet box cover is
grounded before using an adapter.**

NordicTrack

Continue the Adventure... **iFIT.com**

Grand Teton elev. 13,770'
Middle Teton elev. 12,804'
South Teton elev. 12,514'
Mt. Owen elev. 12,928'
Mt. Wister elev. 11,490'
Nez Perce elev. 11,901'
Lower Saddle
Middle Glacier
13,000'
12,000
Teepe Glacier
Teton Glacier 11,000
Teewinot Mt. elev. 12,325'
Snowdrift Lake
10,000
Garnet Canyon
Avalanche Canyon
Delta Lake
9,000
8,000
AVALANCHE CANYON TRAIL
Taggart Lake
Bradley Lake
7,000
GRAND TETON TRAIL
DELTA LAKE TRAIL
Jenny Lake

MANUAL CONTROL

WARM-UP / COOL-DOWN   MODERATE HIKE   CHALLENGING HIKE   EXTREME HIKE

SPEED   VERTICAL FEET   CALS.   DISTANCE   SEG. TIME

3.6   **22.0**   **14:58**

HEART RATE TRAINING ZONES

HEART RATE   ▽ ABOVE   ⊚ TARGET   △ BELOW

124

MAX. SPEED   % GRADE   MAX.% GR.   TIME

AGE   TARGET (% MAX)

PROGRAM CONTROL   % Grade

50 40 30 20 10 5 -5

Speed changes may occur during Grade changes.

SELECT TRAIL
○ MODERATE   □ CHALLENGING   ◇ EXTREME

iFIT.com

⚠ **WARNING:** Extreme grades produce early fatigue. To reduce risk of serious injury: stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before operating. **Keep children away.**

TOTAL

To activate training zones user must enter age.

▽   △   ENTER

1-STEP **GRADE**

▽   -5%   0   5%   10%   20%   30%   40%   50%   △

1-STEP **SPEED**

▭   0.5 MPH   1.0 MPH   1.5 MPH   2.0 MPH   3.0 MPH   4.0 MPH   5.0 MPH   6.0 MPH   ✚

START   **STOP**

I▲ POWER ▼O

Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

Key   Clip

FEATURES OF THE CONSOLE

The revolutionary NordicTrack® TETON hiker combines state-of-the-art technology with innovate design to provide you with a motivating and effective form of exercise in the convenience of your home.

When the manual mode of the console is selected, the grade and speed of the hiker can be changed with a touch of a button. As you exercise, the console will display continuous exercise feedback. You can even track your heart rate using the heart rate monitor.

The console also offers twenty-six preset programs. Each preset program automatically controls the grade and speed of the hiker to simulate a hiking trail as it guides you through an effective workout. Choose from moderate, challenging, and extreme programs.

The console also features new iFit.com interactive technology. IFit.com technology is like having a personal trainer right in your home. Using the included audio cable, you can connect the hiker to your home stereo, portable stereo, or computer and play special iFit.com CD programs (CD's are available separately). IFit.com CD programs automatically control the grade and speed of the hiker as a personal trainer walks you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the hiker to your VCR and TV and play iFit.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFit.com CD programs, but add the excitement of exercising with a class and an instructor—the hottest new trend at health clubs.

With the hiker connected to your computer, you can also go to our new internet site at www.iFit.com and access audio programs and video programs directly from the internet. And by adding an optional upgrade module to the hiker, you can use virtually endless features from our internet site. See www.iFit.com for complete details. **To purchase iFit.com CD's or videocassettes, call toll-free 1-800-735-0768. To order an optional upgrade module, see page 22.**

⚠ CAUTION: Before operating the console, read the following precautions.

• **Do not stand on the walking belt when turning on the power.**

• **Always wear the clip (see the drawing below) while operating the hiker.**

• **Adjust the speed in small increments to avoid sudden jumps in speed.**

• **The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**

• **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.**

GETTING STARTED

1 **Attach the clip to the waistband of your clothing.**

Stand on the foot rails of the hiker. Find the clip attached to the key and slide the clip onto the waistband of your clothing. Next, insert the key into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.** Then, remove the key from the console.
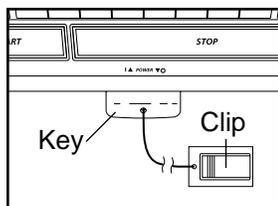
2 **Plug in the power cord.**

See HOW TO PLUG IN THE POWER CORD on page 10.

3 **Move the on/off switch to the on position.**

Locate the on/off switch on the hiker near the power cord. Move the on/off switch to the on position.

On Position
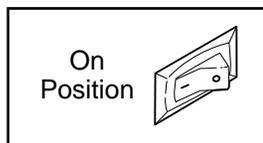
4 **Insert the key fully into the console.**

Stand on the foot rails of the hiker. **Attach the clip securely to the waistband of your clothing.**

Next, insert the key into the console. After a moment, various displays and indicators on the console will light. Note: When the key is inserted, the hiker may automatically calibrate itself by rising to the highest grade and then returning to the lowest grade. During this process, the console will show two dashes (– –) and one flashing indicator.

5 **Enter your age and a target heart rate if desired.**

If you plan to use the heart rate monitor, you can enter your age and a target heart rate and the console will show whether your heart rate is near the target heart rate while you exercise.

To enter your age, first press the Enter button below the heart rate display. The current age setting will begin to flash in the display. Press the arrow buttons to enter your age; the buttons can be held down to enter your age quickly. When your age is shown, press the Enter button again. Your age will be stored in memory. Note: The age setting can be from 20 and 80 years.
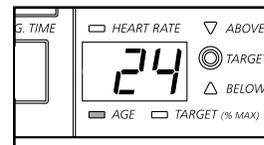
After you have entered your age, the current target heart rate will flash in the display. This number represents a percentage of your estimated maximum heart rate. (Your estimated maximum heart rate is 220 minus your age. For example, if you are 25 years old, your estimated maximum heart rate is 195 beats per minute.) Press the arrow buttons to enter a target heart rate between 50% and 85% of your estimated maximum heart rate. When the desired target heart rate is shown, press the Enter button a third time. Your target heart rate will be stored in memory.
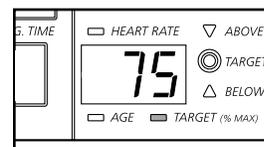
To use the manual mode of the console, follow the steps beginning on page 13. **To use a preset program**, see page 15. **To use an iFit.com CD or video program**, see page 19. **To use an iFit.com program directly from our internet site**, see page 21.

HOW TO USE THE MANUAL MODE

1 **Insert the key fully into the console.**

See GETTING STARTED on page 12.

**2** **Put on the heart rate monitor if desired.**

See HOW TO PUT ON THE HEART RATE MONITOR on page 8.

3 **Enter your age and a target heart rate if desired.**

If you have not entered your age and a target heart rate, see step 5 on page 12. If you have already entered your age and a target heart rate, press the Enter button three times to confirm the numbers.

4 **Select the manual mode.**

When the key is inserted, the manual mode will automatically be selected, as shown by the Manual Control indicator. If a preset program has been selected, press the Moderate, Challenging, Extreme, or IFit.com button repeatedly until the Manual Control indicator lights.
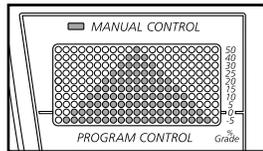
5 **Press the Start button or the Speed + button to start the walking belt.**

A moment after the button is pressed, the walking belt will begin to move at 1 mile per hour. Hold the handrails and begin walking.

As you exercise, change the speed of the walking belt as desired by pressing the Speed + and – buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press the 1-step Speed buttons. The speed range is 0.5 mph to 6 mph. Note: After the buttons are pressed, it will take a moment for the walking belt to reach the selected speed setting.
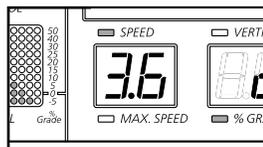
To stop the walking belt, press the Stop button. The displays will pause and the Distance/Time display will begin to flash. To restart the walking belt, press the Start button or the Speed + button.

6 **Change the grade of the hiker as desired.**

To change the grade of the hiker, press the Grade △ and ▽ buttons. Each time a button is pressed, the grade will change by 1%. To change the grade quickly, press the 1-step Grade buttons. The grade range is –5% to 50%. Note: After the buttons are pressed, it will take a moment for the hiker to reach the selected grade setting.
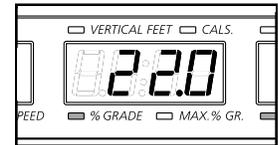
7 **Follow your progress with the console displays.**

The matrix—When the manual mode or an iFit.com program is selected, the matrix will display a triangle representing a mountain. When the walking belt is started, the triangle will disappear except for one flashing indicator. As you exercise, the indicators in the triangle will light one at a time until the entire triangle is again lit. This cycle will then repeat. Each time the entire triangle lights, you have walked 1/4 mile.
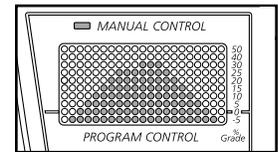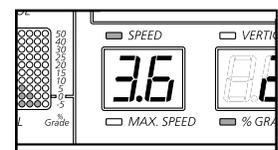
**The exercise intensity display**— As you exercise, the row of indicators below the trail display will show the intensity level of your exercise. For example, if five to eight indicators are lit, your intensity level is equal to a moderate hike.
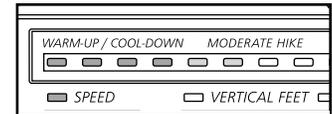
**The Speed display**— This display shows the speed of the walking belt.

Note: The console can display speed and distance in either miles or kilometers. To see which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An "E" for English miles or an "M" for metric kilometers will appear in the Speed display. Press the Speed + button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then re-insert it. Note: For simplicity, all instructions in this manual refer to miles.
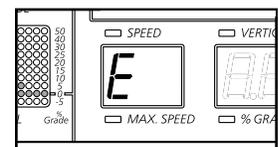
The Vertical Feet/ Cals./Grade display— This display shows the number of vertical feet you have climbed, the grade of the hiker, and the approximate number of calories you have burned. The display will change from one number to the next every seven seconds, as shown by the indicators around the display.
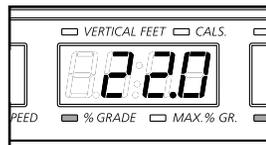
The Distance/Time display—When the manual mode or an iFit.com program is selected, this display will show the distance you have hiked and the elapsed time. The distance will be shown for seven seconds and the time will be shown for fourteen seconds, as shown by the indicators around the display.
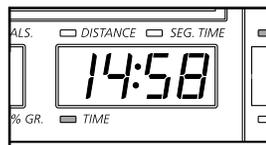
When a preset program is selected, the Distance/ Time display will show the distance you have hiked, the time remaining in the program, and the time remaining in the current segment of the program.

Heart Rate display— This display will show your heart rate when the heart rate monitor is worn.
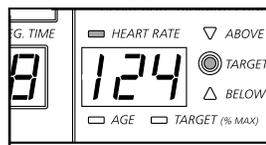
If you have entered your age and a target heart rate into the console since the key was inserted (see step 3 on page 13), the Heart Rate display will also show whether your heart rate is near the target heart rate. If your heart rate is within five beats per minute of the target heart rate, the yellow indicator in the center will light. If your heart rate is more than five beats per minute above or below the target heart rate, the red or green indicator will light.

To reset the displays, press the Stop button, remove the key, and then re-insert the key.

8 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails and press the Stop button. Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the "demo" mode. Refer to page 22 and turn off the demo mode.**

When you are finished using the hiker, move the on/off switch near the power cord to the off position and unplug the power cord.

HOW TO USE PRESET PROGRAMS

The console offers twenty-six preset programs. Each preset program automatically controls the grade and speed of the hiker to simulate a hiking trail as it guides you through an effective workout. You can choose a moderate, challenging, or extreme program. Follow the steps below to use a preset program.

1 **Insert the key fully into the console.**

See GETTING STARTED on page 12.

2 **Put on the heart rate monitor if desired.**

See HOW TO PUT ON THE HEART RATE MONITOR on page 8.

3 **Enter your age and a target heart rate if desired.**

See step 3 on page 13.

4 **Select the desired preset program.**

When the key is inserted, the manual mode will be selected. To select a preset program, press the Moderate, Challenging, or Extreme button repeatedly. Refer to the trail display. The three trails in the display are divided into sections; each section represents a different preset program. For example, the moderate trail (the Delta Lake Trail) is divided into seven sections. As you press the Moderate, Challenging, or Extreme button repeatedly, indicators will flash in the trail display to show which trail section you have selected. You may choose to complete all sections of a trail in sequence (one section each day you exercise) or you may choose to complete sections at random. Note: If you are completing sections of a trail in sequence, when the Moderate, Challenging, or Extreme button is pressed, the most recently completed section of the trail will light and the next section to be completed will flash.

When a preset program is selected, the matrix will show the grade settings for the program. The Speed display will show the maximum speed setting for the program and the Vertical Feet/Cals./ Grade display will show the maximum grade setting for the program.
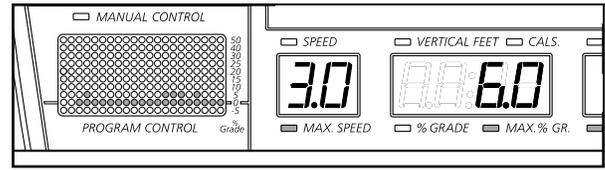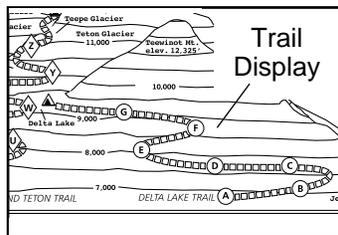
For example, if you select section A of the Delta Lake Trail, the matrix will show that the grade settings for the program are low. The Speed display will show that the hiker will reach a maximum speed of 3 miles per hour during the program and the Vertical Feet/Cals./Grade display will show that the hiker will reach a maximum grade of 6% during the program.

5 **Press the Start button or the Speed + button to start the program.**

A moment after the button is pressed, the hiker will automatically adjust to the first grade and speed settings for the program. Hold the handrails and begin walking.

Each program is divided into several time segments of different lengths. The Distance/Time display shows both the time remaining in the program and the time remaining in the current segment of the program. One grade setting and one speed setting are programmed for each segment. The grade setting for the first segment is shown in the flashing Current Segment column of the matrix. (The speed settings are not shown in the matrix.) The grade settings for upcoming segments are shown in the columns to the right.
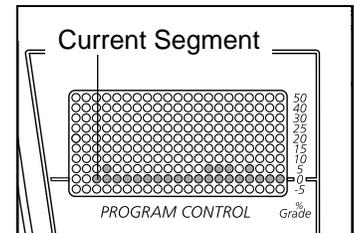
When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. In addition, the Speed display will flash three times if the speed is about to change and the Vertical Feet/Cals./Grade display will flash if the grade is about to change. When the first segment is completed, all grade settings will move one column to the left. The grade setting for the second segment will then be shown in the flashing Current Segment column and the hiker will automatically adjust to the grade and speed settings for the second segment.

As you exercise, indicators will light along the selected trail section to show your approximate position on the trail. The program will continue until the grade setting for the last segment is shown in the Current Segment column of the matrix and no time remains in the program. The walking belt will then slow to a stop.

If the grade or speed setting for the current segment is too high or too low, you can manually override the setting by pressing the Grade or Speed buttons on the console. Every few times one of the Grade buttons is pressed, an additional indicator will light or darken in the Current Segment column of the matrix. **Important: If you manually override the grade or speed setting for the current segment, when the segment ends the hiker will automatically adjust to the grade and speed settings for the next segment.** Note: Because each program is based on a set distance, if you manually increase the speed, the time remaining in the current segment and the time remaining in the program will decrease; if you manually decrease the speed, the time remaining in the current segment and the time remaining in the program will increase.

To stop the program temporarily, press the Stop button. The displays will pause and the Distance/Time display will begin to flash. To restart the program, press the Start button or the Speed + button. To end the program, press the Stop button, remove the key, and then re-insert the key.

6 **Follow your progress with the displays.**

See step 7 on page 13.

7 **If desired, press the Total button to view exercise feedback for all consecutive trail sections completed.**

If you are completing sections of a trail in sequence (for example, if you completed sections A and B of the Delta Lake Trail the last two times you exercised and you are now using section C), you can view the total vertical feet climbed, the total calories burned, and the total distance hiked for sections A, B, and C combined. To view this information, press the Total button. The Vertical Feet/ Cals./Grade display will show the total vertical feet for seven seconds and then the total calories for four seconds. The Distance/Time display will show the total distance for eleven seconds.

8 **When the program is completed, remove the key.**

Step onto the foot rails and remove the key from the console. Make sure to keep the key in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the "demo" mode. Refer to page 22 and turn off the demo mode.**

When you are finished using the hiker, move the on/off switch near the power cord to the off position and unplug the power cord.

To use iFit.com CD's, the hiker must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See this page and page 18 for connecting instructions. **To use iFit.com video-cassettes**, the hiker must be connected to your VCR. See page 19 for connecting instructions. **To use iFit.com programs directly from our internet site**, the hiker must be connected to your home computer. See page 18 for connecting instructions.
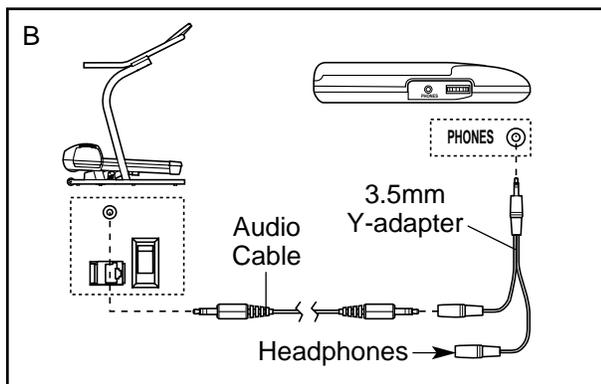
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack on the side of the hiker near the power cord. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.
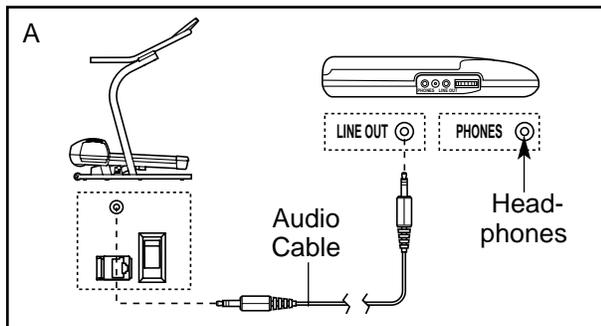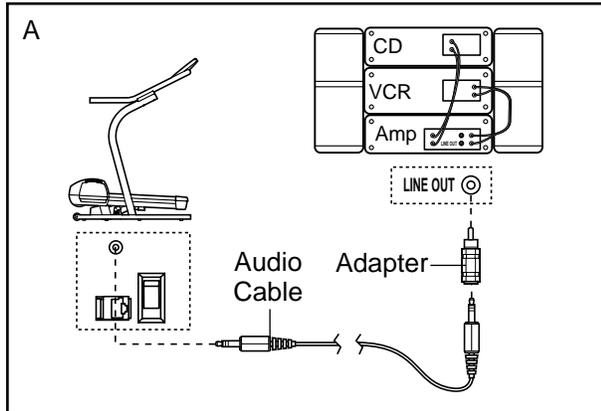

B. Plug one end of the audio cable into the jack on the side of the hiker near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your head-phones into the other side of the Y-adapter.

HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of the audio cable into the jack on the side of the hiker near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an AUDIO OUT jack on your stereo.
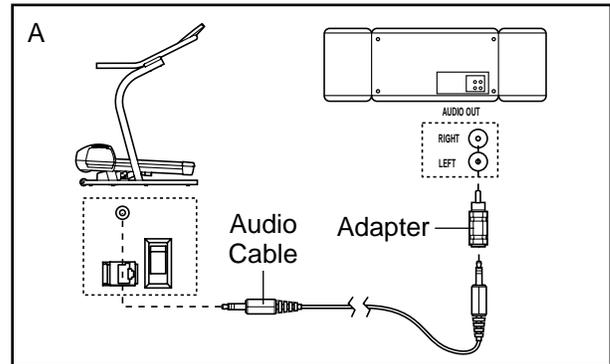
B. Plug one end of the audio cable into the jack on the side of the hiker near the power cord. Plug the other end of the cable into the LINE OUT jack on your stereo.
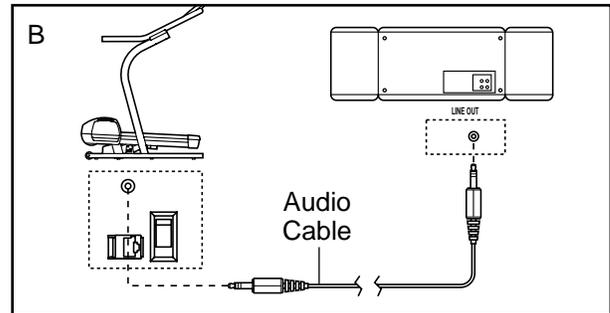
C. Plug one end of the audio cable into the jack on the side of the hiker near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your head-phones into the other side of the Y-adapter.
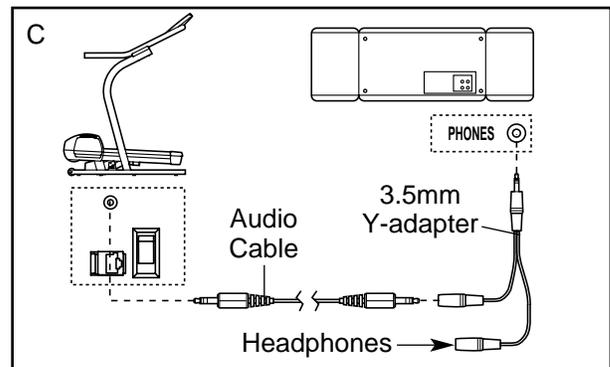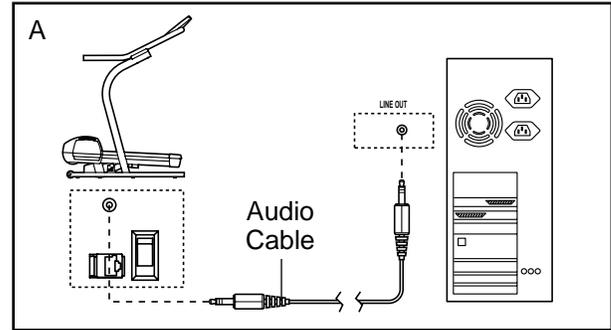
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack on the side of the hiker near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the LINE OUT jack on your stereo.

B. Plug one end of the audio cable into the jack on the side of the hiker near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the RCA Y-adapter. Plug the RCA Y-adapter into the LINE OUT jack on your stereo.
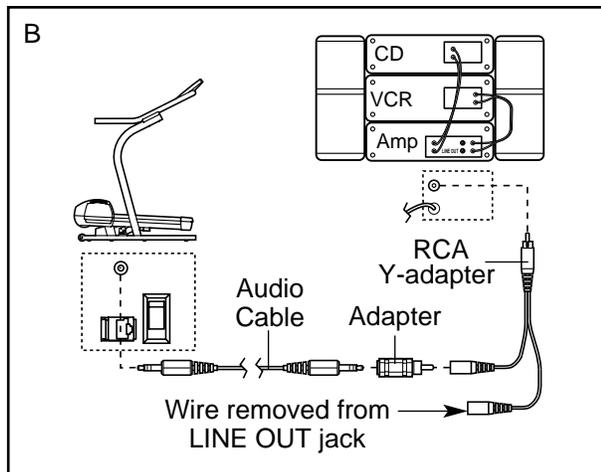
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack on the side of the hiker near the power cord. Plug the other end of the cable into the LINE OUT jack on your computer.
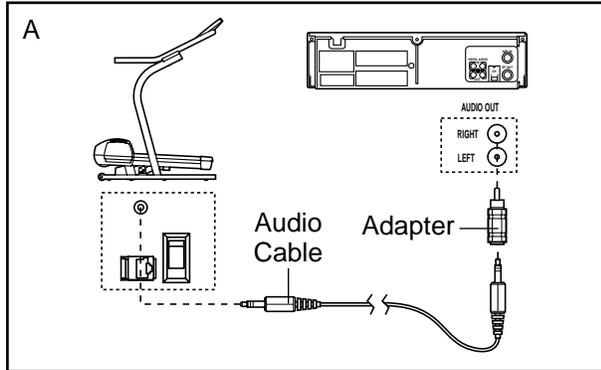

B. Plug one end of the audio cable into the jack on the side of the hiker near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.
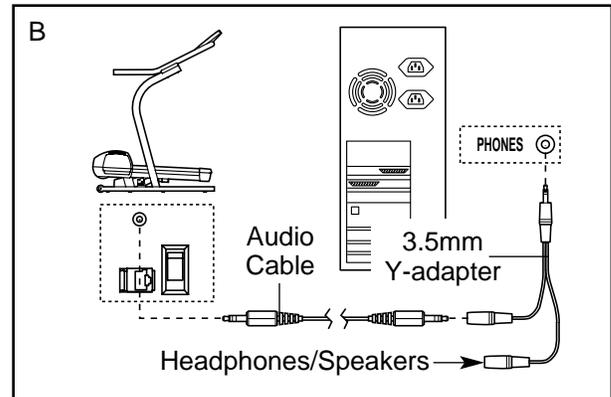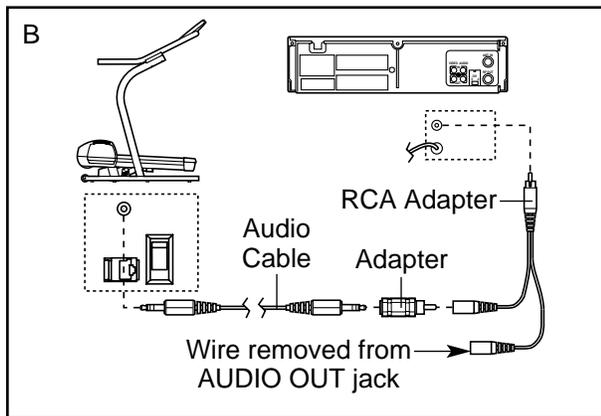
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 18.

A. Plug one end of the audio cable into the jack on the side of the hiker near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the AUDIO OUT jack on your VCR.

B. Plug one end of the audio cable into the jack on the side of the hiker near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the RCA adapter. Plug the RCA adapter into the AUDIO OUT jack on your VCR.

To use iFit.com CD's or videocassettes, the hiker must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE HIKER TO YOUR CD PLAYER, VCR, OR COMPUTER on page 17. **Note: To purchase iFit.com CD's or videocassettes, call toll-free 1-800-735-0768.**

Follow the steps below to use an iFit.com CD or video program.

1 **Insert the key fully into the console.**

See GETTING STARTED on page 12.

2 **Put on the heart rate monitor if desired.**

See HOW TO PUT ON THE HEART RATE MONITOR on page 8.

3 **Enter your age and a target heart rate if desired.**

See step 3 on page 13.

4 **Select the iFit.com mode.**

When the key is inserted, the manual mode will be selected. To use an iFit.com CD or video program, press the IFit.com button. The indicator on the button will light.
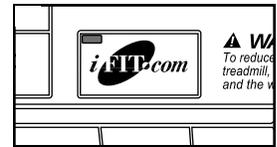
5 **Insert the iFit.com CD or videocassette.**

If you are using an iFit.com CD, insert the CD into your CD player. If you are using an iFit.com videocassette, insert the videocassette into your VCR.

6 **Press the PLAY button on your CD player or VCR.**

A moment after the button is pressed, your personal trainer will begin guiding you through the program. Simply follow your personal trainer's instructions. Note: If the Distance/Time display is flashing, press the Start button or the Speed + button on the console. The hiker will not respond to a CD or video program when the display is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the grade and/or speed of the hiker is about to change. **CAUTION: Always listen for the "chirp" and be prepared for grade and/or speed changes. In some instances, the grade and/or speed may change before the personal trainer describes the change.**

If the grade or speed settings are too high or too low, you can manually override the settings at any time by pressing the Grade or Speed buttons on the console. However, **when the next "chirp" is heard, the speed and/or grade will change to the next settings of the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The Distance/Time display will begin to flash. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the grade and speed will change to the next settings of the CD or video program**. Pressing the Stop button on your CD player or VCR will also stop the program.

When the CD or video program is completed, the walking belt will stop and the Distance/Time display will begin to flash. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 19.

Note: If the grade or speed of the hiker does not change when a "chirp" is heard:

• **make sure that the indicator on the IFit.com button is lit and that the Distance/Time display is not flashing. If the display is flashing, press the Start button or the Speed + button on the console.**

• **adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**

• **make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**

• **if you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

7 **Follow your progress with the displays.**

See step 7 on page 13.

8 **When the program is completed, remove the key.**

See step 8 on page 16.

HOW TO USE PROGRAMS DIRECTLY FROM OUR INTERNET SITE

Our new internet site at www.iFit.com allows you to access a selection of programs that interactively control your hiker to help you achieve your specific exercise goals. In addition, you can play iFit.com audio and video programs directly from the internet. By adding an optional upgrade module to the console, you can use virtually endless features from our internet site. Explore www.iFit.com for details. **To purchase an upgrade module, see page 22.**

To use programs from our internet site, the hiker must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 20. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our internet site.

Follow the steps below to use a program from our internet site.

1 Insert the key fully into the console.

See GETTING STARTED on page 12.

2 Put on the heart rate monitor if desired.

See HOW TO PUT ON THE HEART RATE MONITOR on page 8.

3 Enter your age and a target heart rate if desired.

See step 3 on page 13.

4 Select the iFit.com mode.

When the key is inserted, the manual mode will be selected. To use a program from our internet site, press the IFit.com button. The indicator on the button will light.

5 Go to your computer and start an internet connection.

6 Start your web browser, if necessary, and go to our internet site at www.iFit.com.

7 Follow the desired links on our internet site to select a program.

Read and follow the on-line instructions for using a program.

8 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

9 Return to the hiker and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothing.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic "chirping" sound will alert you when the grade and/or speed of the hiker is about to change. **CAUTION: Always listen for the "chirp" and be prepared for grade and/or speed changes.**

If the grade or speed settings are too high or too low, you can manually override the settings at any time by pressing the Grade or Speed buttons on the console. **However, when the next "chirp" is heard, the grade and/or speed will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The Distance/Time display will begin to flash. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the grade and speed will change to the next settings of the program**.

When the program is completed, the walking belt will stop and the Distance/Time display will begin to flash. Note: To use another program, press the Stop button and go to step 7.

Note: If the grade or speed of the hiker does not change when a "chirp" is heard, make sure that the indicator on the iFit.com button is lit and that the Distance/Time display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.

10 Follow your progress with the displays.

See step 7 on page 13.

**11 When the program is completed, remove the key.**

See step 8 on page 16.

THE INFORMATION MODE/DEMO MODE

The console features an information mode that keeps track of the total number of hours that the hiker has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles to kilometers. In addition, the information mode allows you to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console. When the information mode is selected, the console will show the following information:

An "E" for English miles or an "M" for metric kilometers will appear in the Speed display. Press the Speed + button to change the unit of measurement.
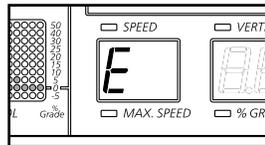
The Vertical Feet/Cals./ Grade display will show the total number of miles that the walking belt has moved.
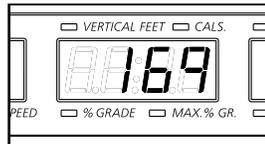
The Distance/Time display will show the total number of hours that the hiker has been used.
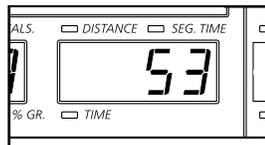
IMPORTANT: Make sure that there is not a letter "d" in the Heart Rate display. If a "d" appears in the display, the console is in the "demo" mode. This mode is intended to be used only when a hiker is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a "d" appears in the Heart Rate display when the information mode is selected, press the Speed – button so the display is blank.**
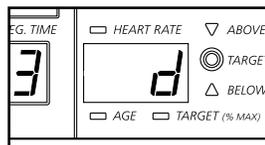
To exit the information mode, remove the key from the console.

THE OPTIONAL IFIT.COM MODULE

By adding an optional iFit.com module to the hiker, you can use virtually endless features from our internet site. Imagine on-line competitions, personal training sessions via the internet, and the ability to use your computer to track your programs. **For information about purchasing the optional iFit.com module, call toll-free 1-800-735-0768.**
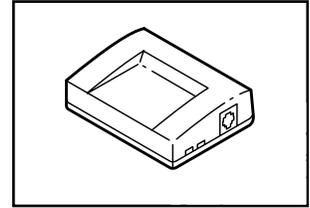
How to Move the Hiker

Before moving the hiker, change the grade of the hiker to the lowest level and unplug the power cord.

1. Hold the handrails as shown and place one foot against the walking belt.

2. Tilt the hiker back until it rolls freely on the wheels. The help of a second person may be helpful when tipping the hiker. Carefully move the hiker to the desired location. **Never move the hiker without tipping it back. To reduce the risk of injury, use extreme caution while moving the hiker. Do not attempt to move the hiker over an uneven surface.**

3. Place one foot on the walking belt, and carefully lower the hiker until it is resting on the floor.

Wheels
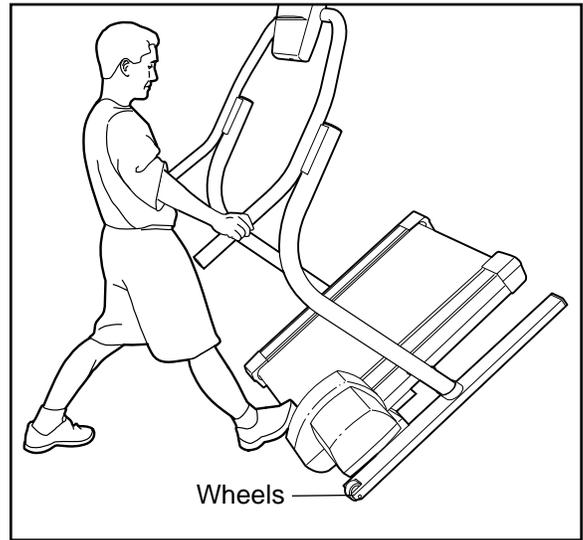
Trouble-shooting

Most problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 10). Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. Important: The hiker is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the hiker near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the hiker near the power cord. The switch must be in the "on" position.

c Tripped Reset

d On Position
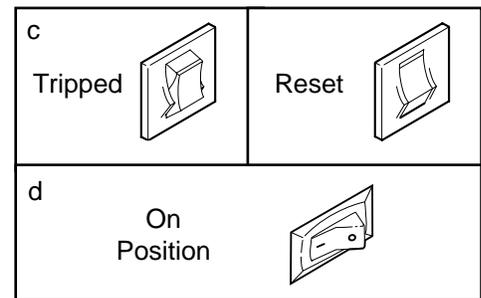
PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the hiker frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

c. Remove the key from the console. Re-insert the key fully into the console.

d. Make sure that the on/off switch is in the "on" position.

e. If the hiker still will not run, please call our Customer Service Department, toll-free.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **unplug the power cord.** Remove the indicated Screws (36) from the Motor Cover (29). Carefully rotate and lift the Motor Cover.


a 36 29

b. Locate the Reed Switch (32) and the Magnet (18) on the left side of the Pulley (7). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (67) and move the Reed Switch slightly. Retighten the Screw. Re-attach the motor cover, and run the hiker for a few minutes to check for a correct speed reading.

b **Top View** 7 32 18 1/8" 67
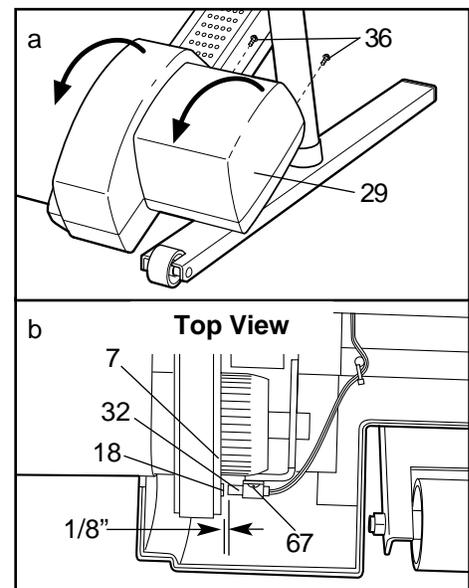
PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.
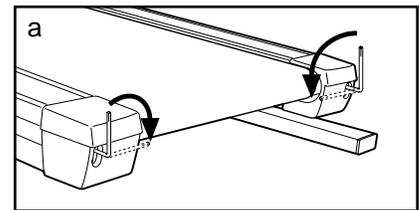
b. If the walking belt is overtightened, hiker performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both front roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the hiker for a few minutes. Repeat until the walking belt is properly tightened.
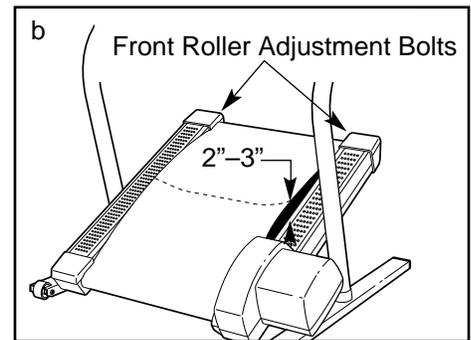
c. If the walking belt still slows, please call our Customer Service Department, toll-free.

PROBLEM: The walking belt is off-center

SOLUTION: a. **If the walking belt has shifted to the right,** first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn each of the front roller adjustment bolts 1/4 of a turn in the direction shown. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the hiker for a few minutes. Repeat until the walking belt is centered.

b. **If the walking belt has shifted to the left,** first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn each of the front roller adjustment bolts 1/4 of a turn in the direction shown. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the hiker for a few minutes. Repeat until the walking belt is centered.
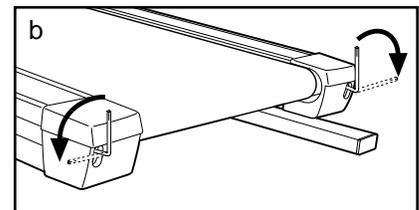
PROBLEM: The walking belt slips when walked on

SOLUTION: a. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both front roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and carefully walk on the hiker for a few minutes. Repeat until the walking belt is properly tightened.
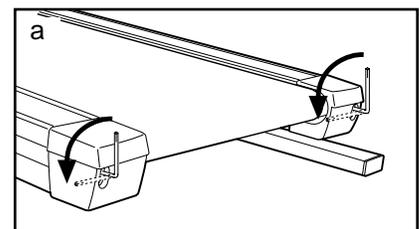
PROBLEM: The grade of the hiker does not change correctly or does not change when iFit.com CD's and videocassettes are played

SOLUTION: a. With the key in the console, press one of the Grade buttons. **While the grade is changing, remove the key.** After a few seconds, re-insert the key. The hiker will automatically rise to the highest grade and then return to the lowest grade. This will recalibrate the hiker.

b. If an "E6" appears in the Distance/Time display, remove the key and unplug the power cord. Wait for sixty seconds and then plug in the power cord and re-insert the key.

Conditioning Guidelines

⚠ WARNING: **Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.**

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines only. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES							
AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the heart rate monitor. If your heart rate is too high or too low, adjust the speed and grade of the hiker.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the grade and speed of the hiker until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the grade and speed of the hiker until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the grade and speed of the hiker until your heart rate is near the highest number in your training zone.

PROGRAM GUIDELINES

Each program should include the following three parts:

A Warm-up—Start each program with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each program with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, complete three programs each week, with at least one day of rest between programs. After a few months, you may complete up to five programs each week if desired.

The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.
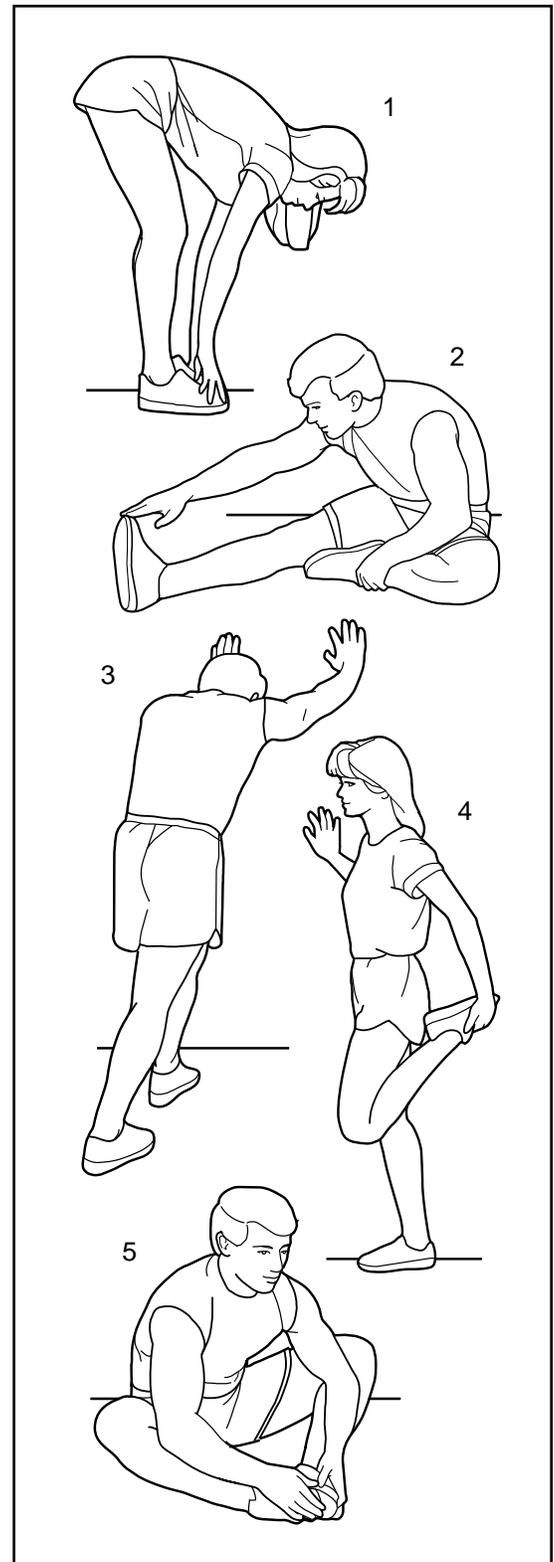
Part List—Model No. NTHK22490

To locate the parts listed below, refer to the EXPLODED DRAWING attached in the center of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Foot Rail Insert	49	2	Handrail Endcap	97	1	Base Wire Harness
2	1	Left Foot Rail	50	1	Handrail	98	1	Grommet
3	5	Walking Platform Screw	51	2	Handrail Cover	99	1	Grade Motor Bolt (Long)
4	2	Belt Guide	52	4	Handrail Star Washer	100	4	Motor Cover Clip (Bottom)
5	2	Front Roller Star Washer	53	4	Handrail Bolt	101	1	14" Controller Wire
6	1	Walking Platform	54	1	Key/Clip	102	1	24" Sensor Wire
7	1	Rear Roller/Pulley/ Magnet	55	1	Electronics Cover	103	2	Resistor Bracket
8	1	Walking Belt	56	1	Console	104	1	12" Audio Wire
9	1	Front Roller	57	5	Electronics Cover Screw	105	1	Motor Belt
10	1	Front Endcap (Left)	58	1	Console Lens	106	1	Thermostat
11	2	Roller Adj. Washer	59	12	Screw	107	1	Cup Holder Flange
12	2	Roller Adjustment Bolt	60	1	Handrail Wire Harness	108	1	Caution Decal
13*	1	Motor Assembly	61	1	Cup Holder/Tray	109	1	Allen Wrench
14	1	Right Foot Rail Insert	62	4	Cup Holder Screw	110	1	Thermal Cutoff
15	1	Right Foot Rail	63	1	Upright Wire Harness	111	4	Motor Bolt Isolator
16	2	Rear Roller Clip	64	1	Base Endcap	112	5	Isolator Lock Washer
17	1	Motor Isolator	65	2	Upright	113	1	Static Warning Decal
18	1	Magnet	66	7	Base Pad	114	4	Console Base Screw
19	4	Isolator	67	15	Base Pad Screw/Reed Switch Screw	115	6	Upright Washer
20	5	Isolator Nut				116	4	Motor Spacer
21	4	Frame Bushing	68	1	Electronics Bracket	117	1	Incline Motor Plate
22	2	Frame Pivot Bolt	69	2	Controller Screw	118	1	Pulse Receiver
23	1	Rear Endcap (Left)	70	1	Controller	119**	1	IFit.com CD
24	1	Grade Motor Cover (Top)	71	1	Power Cord	120**	1	IFit.com Video
25	1	Grade Motor	72	1	Power Cord Grommet	121	2	Large Endcap
26	1	Grade Motor Cover (Bottom)	73	1	Power Supply w/Clips	122	2	Metal Spacer
			74	4	Plastic Stand-Off	#	1	14" Blue Wire, 2F
27	2	Electronics Cover Clip	75	1	Circuit Breaker	#	1	14" Blue Wire, M/F
28	1	Grade Motor Bolt (Short)	76	1	On/Off Switch	#	1	8" Blue Pigtail Wire
29	1	Motor Cover (Top)	77	1	IFit.com Connector	#	1	8" Blue Wire, M/F
30	1	Reed Switch Clip	78	2	Frame Pivot Spacer	#	1	32" Red Wire, 2F
31	3	Fan Screw	79	4	Frame Pivot Nut	#	1	24" Red Wire, 2F
32	1	Reed Switch/Sensor Wire	80	1	IFit.com Wire	#	1	20" Red Wire, M/F
33	4	Motor Washer	81	9	Electronic Bracket Screw/Strain Relief Screw	#	1	20" Black Wire, M/F
34	4	Motor Bolt				#	1	4" Black Wire, M/F
35	1	Motor Cover (Bottom)	82	1	Base	#	1	8" Green Wire, F/Ring
36	5	Motor Cover Screw	83	2	Wheel Bolt	#	1	6" Green Wire, 2 Ring
37	1	8" Cable Tie	84	4	Wheel Spacer	#	1	4" White Wire, M/F
38	1	Wire Tie Clip	85	2	Wheel	#	1	User's Manual
39	1	Console Base (Bottom)	86	2	Wheel Nut			
40	1	Releasable Tie	87	6	Resistor Cover Screw			* Includes all parts shown in the box
41	4	Motor Nut	88	1	Resistor Cover			
42	1	Motor	89	1	Resistor			**These parts are optional. For information about the iFit.com module, iFit.com CD's, or iFit.com video-cassettes, call toll-free 1-800-735-0768.
43	1	Pulley/Flywheel/Fan	90	1	Resistor Fan			
44	1	Rubber Stop	91	1	iFit.com Jack			
45	1	Frame	92	1	10' IFit.com Audio Cable			
46	1	Front Endcap (Right)	93	1	Chest Strap			
47	6	Upright Bolt	94	1	Pulse Sensor			# These parts are not illustrated
48	2	Upright Collar	95**	1	IFit.com Module			
			96	1	Warning Decal			

Ordering Replacement Parts

To order replacement parts, call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

• The MODEL NUMBER OF THE PRODUCT (NTHK22490)

• The NAME OF THE PRODUCT (NordicTrack® TETON hiker)

• The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)

• The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the accompanying PART LIST and EXPLODED DRAWING).

If possible, place the hiker near your telephone for easy reference when calling.

Limited Warranty

WHAT IS COVERED—The entire NordicTrack® TETON hiker ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the Product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. ("ICON"), warrants the motor for three years after the date of purchase. The belt and deck are covered for two years after the date of purchase. All mechanical components are covered for two years after the date of purchase. All electrical components are covered for two years after the date of purchase. Labor is covered for one year. The covers and decals are covered for six months after the date of purchase.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual"). This warranty does not extend to products used for commercial or rental purposes or to products used as store display modules.

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

USER'S MANUAL—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty.

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813